

LYNN COUNCIL ON AGING SENIOR CENTER



SEPTEMBER 2012

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

We aim to brighten your days, keep you safe and informed, and provide a fun active senior center. Through our partnership with several agencies we are kept abreast of alerts and instructive useful information. Recently, the alerts are coming in fast and fury. Beware of scams that look official. One example is a letter that appeared to have come from Blue Cross Blue Shield. It even had the BCBS Massachusetts logo on it. It stated that spousal premiums are now due as separate payments. BOGUS! An email stated an IRS check was returned and the cc: address looked like it was informing the IRS too. Not true! You can get a rapid speaking person on the phone "telling" you they are calling from your part D provider or RX plan and will gladly refill your prescriptions. In fact, as soon as you say, "ok", you've agreed to a new enrollment in a different plan. I suggest you keep the name of your plan on an index card or a duplicate card next to your phone so it's at your finger tips.

And diabetics, be extra wary, there are telemarketing companies out there that target you just to unload a lot of supplies for profit. Be cautious. Ask for their telephone number and if you can call them back. When they hang up, then you know. As always, we're here. Call us and we will assist. Bring in any suspicious mail and we will forward it to the Sheriff's Dept. Stay well and safe.

Stacey

From Your Mayor

The days are already getting shorter and cooler as we say goodbye to summer and prepare for the upcoming fall months. I hope you have all enjoyed the sunshine and the many events we have been fortunate enough to host this season, such as the Red Rock concert series and the outdoor *Grease* movie night.

September 5th will mark the beginning of another school year, with thousands of our Lynn students and teachers heading back to their classrooms for another year of learning and growth. We wish them all the best in their academic achievements.

I urge you all to attend the upcoming Veteran Appreciation Fundraiser, which will take place at St. Michael's Hall on September 8. Tickets are \$20, and can be purchased at the Lynn City Hall Veterans Office and Mayor's Office. The fundraiser, which begins at 7 p.m., will feature several bands, including The Brian Maes Band, The Dirty Floorboards, and a performance by the Lynn English High School Marine Corps JROTC. In addition to the music, there will be several raffles, door prizes and a silent auction. Donations for the raffles or silent auction are welcomed; those wishing to donate should contact John at 781-599-1240. All proceeds from the night will fund next year's Veterans Appreciation Parade, which will take place on September 15, 2013.

On September 20, the 1970s rock band *Foreigner* will perform at the Lynn Auditorium. Come out and enjoy hit songs like "I Want to Know What Love Is" and "Hot Blooded." Doors open at 7 p.m. and the show starts at 8 p.m.

Don't miss out on this year's Lynn Arts Fall Fest on the Waterfront, which will take place on Saturday, September 22 at Heritage State Park. The festival, being held from 12-5 p.m., is Lynn's largest waterfront arts exhibition, and showcases the art and culture of crafters from across the North Shore. It will feature musical performances, children's activities, and the sale of local artisans' and vendors' work. The festival is free and open to the public, with up to 5,000 visitors attending in past years.

I hope you all attend these upcoming events and enjoy the final weeks of warm weather!

Best wishes,
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello, Director
Rosa Paulino-Diaz, Assistant
Kristi Harris, Assistant

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

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Meets last
Thursday
monthly at 10 am

Senior T Pass Notice

As soon as we get word from the MBTA of the new Downtown Crossing office opening, we will schedule a trip to help you apply for your Senior T pass.

For all those who applied on site at the Lynn Senior Center, the passes were mailed directly to your home at the end of June. If you have not received one, call Kristi and we will follow up.

For those who applied for the TAP disability card, remember there was a medical verification piece to this; which means you must attach a doctors note. We also have this application on site.

September Happenings

Mon, Sept 3	LABOR DAY		Center is closed
Tues, Sept 4	Mr. Specs Eye Glass Clinic		10:00 a.m. – 11:00 a.m.
Tues, Sept 4	Birthday Karaoke		11:30 a.m. – 1:00 p.m.
	50/50 raffle to support FRIENDS of LCOA		
Weds, Sept 5	FOOD STAMPS		9:00 a.m. – 3:00 p.m.
Weds, Sept 5	Field Trip: Salem Willows	\$2	11:00 am – 1:30 pm
Weds, Sept 5	Strength & Balance Exercise Class		11:30 am -12:15 pm
Weds, Sept 5	Tai chi & meditation	\$2	12:30 p.m. – 1:30p.m.
Thurs, Sept 6	Take Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Thurs, Sept 6	FREE SENIOR ID's by TRIAD		10:00 am – 11:00 am
	**95 Tremont St- Lobby		
Thurs, Sept 6	Penny Sale	senior center	12pm – 1pm
	Sponsored by the Friends of the LCOA		
Fri, Sept 7	Strength & Balance Exercise Class		11:30 am -12:15 pm
Tues, Sept 11	Blood Sugar AND Blood Pressure Clinic		8:00 a.m. – 9:30a.m.
	"Lucy Booth" Open! Activity Room		
	Nurse available for your questions.		
Tues, Sept 11	Horseracing & Lunch	\$2	10:30 a.m. – 1:30 p.m.
	@ Jesmond Nursing, Nahant		
SEPT 12	MEDICARE OPEN ENROLLMENT SEMINAR	9:30 am	
	Free valuable information! Reserve your seat.		
	Coffee and donuts served (Game Room)		
Weds, Sept 12	"Minute to Win It!" with Lajja of Lifecare		11:30 a.m. – 12:30 a.m.
	Team play of 5GLSS Staff vs 5seniors- sign up for the fun! Prizes awarded		
Weds, Sept 12	Strength & Balance Exercise Class		11:30 am -12:15 pm
Weds, Sept 12	Tai chi & meditation	\$2	12:30 p.m. – 1:30p.m.
Thurs, Sept 13	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Thurs, Sept 13	She's Back! DENISE DOUCETTE performing		12 noon
Fri, Sept 14	BINGO BONANZA !!!		12:30 pm – 3pm
Fri, Sept 14	Massage Therapy Appointments	\$5	1:00 p.m. – 3:00 p.m.
Mon, Sept 17	Women's Group Meeting		11 am
Tues, Sept 18	FOXWOODS CASINO	\$25	7:00 a.m. -6:30 pm
	\$10 Food or Buffet \$10 Keno Bet		
Weds, Sept 19	Lunch Trip:	\$2	11 a.m.- 1:30 p.m.
	Home Town Buffet Medford		
Weds, Sept 19	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
Weds, Sept 19	Tai chi & meditation	\$2	12:30 p.m. – 1:30p.m.
Thurs, Sept 20	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Thurs, Sept 20	Podiatry Appointments		10:00 a.m. – 12:00 p.m.
Fri, Sept 21	Scallop Festival-Bourne, Ma	\$60	8:30 am – 5:30 pm
Fri, Sept 21	Strength & Balance Exercise Class		11:30 am -12:15 pm
Tues, Sept 25	FREE Hearing Screening		9:00 a.m. – 11:00 a.m.
Tues, Sept 25	Field trip: Richardson's Ice Cream	\$2	10:30 am – 1:00 pm
Weds, Sept 26	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
Weds, Sept 26	Tai chi & meditation	\$2	12:30 p.m. – 1:30p.m.
Thurs, Sept 27	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Thurs, Sept 27	FRIENDS OF LCOA meeting		10:00 a.m. – 11:00 a.m.
Fri, Sept 28	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
Fri, Sept 28	Massage Therapy Appointments	\$5	1:00 p.m. – 3:00 p.m.
Thurs, Oct 4	Podiatry Appointments		10:00 a.m. – 12:00 p.m.

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SEPTEMBER 2012

MONDAY	Tuesday	Wednesday	Thursday	Friday
3 Holiday No Food Service	4 Aloha Chicken Brown Rice Pilaf Roman Blend Veggies Chilled Fruit ALTERNATIVE Stuffed Shell/Meat Sauce	5 Potato Crunch Fish/ Sauce Red Bliss Potato Carrots Fresh Fruit ALTERNATIVE Beef Strip Steak/Gravy	6 Chicken Noodle Soup Meatball Calzone/ Sauce Tossed Salad Cookie ALTERNATIVE Hot Chicken Patty/Roll	7 Apple Glaze Roast Pork Garlic Whipped Po- tato Tuscany Veggies Chilled Fruit ALTERNATIVE Chicken Florentine
10 American Chop Suey Spinach Chilled Fruit ALTERNATIVE Chicken Marsala Whipped Potato/ Spinach	11 Turkey Kielbasa/Roll Onion & Peppers Home Fries Jell-o ALTERNATIVE Omelet/Cheese Sauce	12 Meatloaf/Gravy Lyonnaise Potato Butternut Squash Chilled Fruit ALTERNATIVE Spanish Chix/Rice & Beans	13 SEPTEMBER SPECIAL Mediterranean Chicken Wild Rice Mixed Greens w/Feta WW Roll Lemon Cake w/Frosting	14 Italian Wedding Soup Sliced Turkey Potato Salad Fresh Fruit ALTERNATIVE Tuna Salad
17 Beef Stir Fry White Rice Stir Fry Veggies Pudding ALTERNATIVE Chicken Teriyaki	18 Garlic Paprika Tyson Chicken O'Brien Potatoes Peas & Mushrooms Muffin/ Chilled Fruit ALTERNATIVE Spanish Sheppard's Pie	19 Lasagna w/Meat Sauce Zucchini & Red Pepper Mandarin Oranges ALTERNATIVE Mushroom Quiche Whipped Potato	20 Cream of Broccoli Soup Seafood Salad/WW Pita Tossed Salad Fresh Fruit ALTERNATIVE Shaved Roast Beef	21 Rib –B-Q/BBQ Sauce Corn Pudding Green Beans/ Cake ALTERNATIVE Chix Tenders/w Honey Mustard
24 Roast Turkey/Gravy Cranberry Sauce Sweet Potato Jardinere Veggies Chilled Fruit	25 Minestrone Soup California Chicken Salad/ WW Macaroni Salad Chilled Fruit ALTERNATIVE Egg Salad/WW	26 Swedish Meatballs/ Gravy Whipped Potato Beets Cookie ALTERNATIVE Haitian Turkey	27 Tyson Chicken Bruschetta Delmonico Potato Roman Blend Veggie Fresh Fruit ALTERNATIVE Pork Patty/ Gravy	28 "Krunch Lite" Fish Cheddar Whipped Potato Country Blend Veg- gies Jell-o ALTERNATIVE Salisbury Steak/ Gravy

SENIOR CENTER ACTIVITIES • SEPTEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 - 12 Wii	9:00 - 12 Wii	9:00 - 12 Wii	9:00 - 12 Wii	9:00 - 12 Wii
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: NTERNET	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORT'S CLUB	12:30-2:30 CRIBBAGE	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
1:15-2:45 BINGO	1:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:15-2:45 BINGO
	1:30 Billiards Club	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
		1:00-3:00 'PENNY ANTE' POKER		

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

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Trips

Departs from Lynn
Senior Center

Foxwoods
Sept 18 & Oct 16



Casino Trips from Revere
Departs from Northgate Plaza

Mohegan Sun \$25

Every Tuesday
10:00 a.m. - 8:45 p.m.

Twin River \$20

Sept: 13th & 27th Oct: 11th & 25th
10:00 a.m. - 8:10 p.m.

Any questions? Call Elaine 781-289-6144
(Departs from back of Price Rite at Northgate in Revere)

SCALLOP FESTIVAL

Friday, September 21st \$59

Eat fresh scallops at the Bourne Scallop Festival, then visit craft fair and enjoy a 90 minute narrated cruise of the canal.

Leaves the Senior Center at 8:30 a.m. prompt
Returns at approximately 5:30 pm.

Sign up early- this bus fills up every year!

The de-CLUTTERS' GROUP

Is clutter:

- Taking over your home or work space?
- Creating safety problems in your home?
- Making you ashamed of your environment?
- Affecting your life and relationships?

Join our 10-week group meeting!
Tuesdays starting October 2, 2012, at 12:30 p.m.
at the Swampscott Senior Center

Receive information and support from others.
Learn strategies for de-cluttering your home and life.

For more information, contact:

Laurie Grant at 781-586-8605 or by e-mail lgrant@glss.net by September 20, 2012.

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Sept 1	Three Amigos	PG	1986
Sept 12	War Horse	PG-13	2011
Sept 19	Taming of the Shrew	NR	1967
Sept 26	Iron Lady	PG-13	2011

PELICULA LATINA

Sept 13 Tortilla Soup 1:00 pm

Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



Sponsored by the **FRIENDS of the Lynn Council on Aging**



Mark your calendar!

Fundraising night to support the Lynn Senior Center

October 12th
7pm- 11 pm
\$10 per ticket

Knights of Columbus
177 Lynnfield Street, Lynn
~silent auction and raffles~

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Place Your Ad

WELLNESS WATCH

New Beginnings

September is a traditional month for beginning new ventures. For youth it is the school year. Many adults also wistfully say good bye to summer and look to autumn with new ideas, new ventures.

The following suggestions may help you create and enjoy those new adventures, changes you want to make, things you want to achieve.

Talk to yourself!

1. I will honor my life experience, appreciate my strengths and abilities, and love myself.
2. I will make changes for me, not for anyone else.
3. I will ask for support from family, friends, and others if I need it.
4. I will offer support to others when needed.
5. I will connect with others.
6. I will try something new. I will have fun.
7. I will start by taking small steps and congratulate myself for what I do.

Here are two possibilities for new adventures.

Do you live with a persistent, on-going health challenges? Challenges like living well with arthritis, cancer, diabetes, high blood pressure or other health conditions. Do you want to feel better, be more active, more in charge of your life?

Check out:

My Life, My Health, a new workshop beginning in October.

Have you fallen? Are you concerned about falling?

Check out:

Matter of Balance, a new program beginning in October.

For information on both programs contact:

Mary Carideo, GLSS Healthy Living Programs

781-586-8527 mcarideo@glss.net

American Football

T Y A H H S D V J Q Y X Z N K O R M Y A N D X K A
 O W B L P T F H O T O H S N F B T N S Y I E V C E
 S Y O B W O C S A L L A D F O C P T U A K F C A W
 S T V P V O Z S F L F O E W V I R Q L T S E O B L
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 E S A T U L R E T R A U Q R H B D F M T U U Y U U
 L E E R A I K O O B Y A L P S E L Y M V S Z N J V
 D P T N D Y R U J N I T N U P I L X A C F I F E Z
 G I E I N C O M P L E T E N U F O M G R F A O R M
 O P R E C E I V E R G R A S S Q J N E O D V W S F
 A G V D H H R R V I W N F U I C Z I R T E S Y E F
 L L O Y E Y H O I Y E J P F K A Y M L B F C C Y D

ASTRO TURF	HELMET	PENALTY	TACKLE
BLITZ	INCOMPLETE	PIGSKIN	TEAM
COIN TOSS	INJURY	PLAYBOOK	THROW
DEFENSE	INTERCEPTION	PLAYOFFS	TIGHT END
END ZONE	JERSEY	PUNT	TIMEOUT
FIELD GOAL	KICK	QUARTER	TOSS
FIRST DOWN	KICKOFF	QUARTER BACK	TOUCHDOWN
FOOTBALL	LINE OF	RECEIVER	TWO-POINT
GRASS	SCRIMMAGE	RUNNING BACK	CONVERSION
GRIDIRON	OFFENSE	SAFETY	UNIFORM
HALF-TIME	OFFENSIVE LINE	SCORE	YARDS
HANDOFF	PADS	SUPER BOWL	

NOTICE TO SENIORS

IMPORTANT NOTICE TO SENIORS!!!

**The annual
Medicare Open Enrollment
starts October 15 and ends on Decem-
ber 7.**

During Open Enrollment, you may enroll in a new plan or change your Medicare coverage for next year.

This is also an opportunity to review your current coverage. State-certified SHINE (Medicare) Counselors on staff will help you understand your plan, as well as other options you may have.

Medicare 2013

Find Out What's New in Medicare for 2013

On **September 12 at 9:30 a.m.**, a representative from the **SHINE** program at Mystic Valley Elder Services will update seniors **at the Lynn Senior Center** on changes in Medicare. You'll hear about the preventive benefits that Medicare now covers as well as cost savings programs available to those who qualify. You'll be able to schedule an appointment with a SHINE counselor for an individual counseling session at a later date. If you are interested in this informative session, sign up at the senior center or call in and reserve your seat. Call Kristi at 781-586-8618.

Over the Rainbow Dinner Club

Over the Rainbow Dinner Club

2nd Tuesday of every month

The House of Seven Gables

Salem

September 11th 5pm -8pm

Info: gillgary@comcast.net

Parkinson's Community

Parkinson's Community Wellness Class

Who: Individuals with Parkinson's Disease

Where: Gordon College Center for Balance, Mobility and Wellness

When: Starting October 9th,
Tuesdays and Fridays
10:30AM to 12:00PM
(For 6 weeks total)

Cost: \$249

For more information please contact Dede at (978) 867-4095.

COMPUTER CLASSES

We apologize for the inconvenience. We are suspending computer classes until further notice. Our plans are to upgrade the computer systems with updated operating software and revamp the textbooks. Also know that future classes will only be held when there is a minimum of four students.

IN LOVING MEMORY

In loving memory of my husband,
Joseph Masucci
~sadly missed, Sabina Masucci

In loving memory of
Rose Colella
~Sophie
Karampoulis

In loving memory of
Donnie Love
~Richard
Smith



DEDUCTIBLE DONATION

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support.

Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

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MONDAYS
STARTING @ 10:00 AM

WASH & CUT	\$10
WASH, CUT & SET	\$15
COLOR	\$20
BRAIDS	\$20 & UP
LAYERING	\$10
WEAVES	\$20 & UP

WALK-IN OR APPOINTMENTS

SOPHIE'S SALON

WEDNESDAYS
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

EYEGLOSS CLINIC

September 4th
10:00 am—11:00 am
By: Mr. Specs

BLOOD SUGAR & BLOOD PRESSURE

September 11th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.

HEARING CLINIC

September 25th
9:00 am—11:00 am

PODIATRIST

September 20th and October 4th
10:00 am—12:00 pm
Call for appointment. Bring Insurance Card

MASSAGE THERAPY

September 14th and September 28th
1:00 pm—3:00 pm
Call for appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

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